

## Abstrak

# PERBEDAAN METODE PENDIDIKAN GIZI CERAMAH DAN DRAMA TERHADAP PENINGKATAN PENGETAHUAN DAN SIKAP REMAJA PUTRI DALAM UPAYA PENCEGAHAN ANEMIA

(Studi Kasus di Puskesmas Kedungbanteng dan Puskesmas Kembaran)

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**Latar Belakang:** Remaja putri memiliki resiko sepuluh kali lebih besar daripada remaja putra untuk terkena anemia. Kurangnya pengetahuan dan sikap remaja putri merupakan faktor yang dapat mempengaruhi terjadinya anemia. Penelitian sebelumnya menemukan 88% remaja putri di wilayah Kedungbanteng dan 56% remaja putri di wilayah Kembaran belum pernah mendapat informasi anemia. Berbagai penelitian sebelumnya, menunjukkan bahwa metode ceramah dan drama dapat meningkatkan pengetahuan dan sikap remaja tentang kesehatan.

**Tujuan:** Menganalisis perbedaan pendidikan gizi metode ceramah dan drama terhadap peningkatan pengetahuan dan sikap remaja putri tentang pencegahan anemia.

**Metodologi:** Rancangan penelitian adalah quasi eksperimental dengan rancangan *pre-post test group design*. Penelitian dilakukan di wilayah kerja Puskesmas Kedungbanteng yang diberikan ceramah dan drama dan Puskesmas Kembaran yang diberikan ceramah. Jumlah sampel 99 responden diambil dengan teknik *purposive sampling*. Uji statistik menggunakan *Wilcoxon* dan *Mann-whitney*.

**Hasil:** Kelompok ceramah menunjukkan adanya perbedaan pengetahuan dan sikap ( $p=0,000$ ;  $p=0,000$ ), kelompok ceramah dan drama juga menunjukkan adanya perbedaan pengetahuan dan sikap ( $p=0,000$ ;  $p=0,000$ ). Tidak ada perbedaan pengetahuan dan sikap antara kedua kelompok sebelum diberikan intervensi ( $p=0,404$ ;  $p=0,427$ ). Ada perbedaan pengetahuan dan sikap antara kedua kelompok setelah diberikan intervensi ( $p=0,000$ ;  $p=0,032$ ).

**Kesimpulan:** Terdapat perbedaan peningkatan pengetahuan dan sikap antara metode ceramah dengan metode ceramah dan drama.

**Kata Kunci:** ceramah, drama, pengetahuan, sikap, anemia

## Abstract

# THE DIFFERENCES OF NUTRITION EDUCATION BETWEEN LECTURE AND DRAMA METHODS TOWARD IMPROVEMENT OF KNOWLEDGE AND ATTITUDE OF ADOLESCENT IN ANEMIA PREVENTION (Case Study at Puskesmas Kembaran dan Puskesmas Kedungbanteng)

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**Background:** Young women have a risk ten times greater than young men to get anemia. Lack of knowledge and attitudes of young women is a factor that can affect the occurrence of anemia. Previous research found 88% of girls in the Kedungbanteng region and 56% of young women in the Kembaran region had never received anemia information. Previous studies have shown that lecture and drama methods can improve teenagers' knowledge and attitudes about health.

**Objective:** To analyze the differences between nutrition education of lecture and Drama methods toward increasing knowledge and attitudes of young women about prevention of anemia.

**Method:** The study design was quasi experimental with pre-post test group design. The research was conducted in the working area of the Kedungbanteng Health Center which was given lectures and drama and the Kembaran Health Center which was given a lecture. The number of samples of 99 respondents was taken by purposive sampling technique. Statistical tests using Wilcoxon and Mann-Whitney.

**Results:** Lecture groups showed differences in knowledge and attitudes ( $p = 0,000$ ;  $p = 0,000$ ), lecture groups and Drama also showed differences in knowledge and attitudes ( $p = 0,000$ ;  $p = 0,000$ ). There were no differences in knowledge and attitudes between the two groups before given intervention ( $p = 0.404$ ;  $p = 0.427$ ). There was a difference of knowledge and attitude between the two groups after being given intervention ( $p = 0,000$ ;  $p = 0.032$ ).

**Conclusion:** There was a difference in knowledge and attitude improvement between lecture method and lecture with drama methods.

**Keywords:** lecture, drama, knowledge, attitude, anemia